

**The U-Can! Man Assignment Order Complete 10 Years  
Later 2007-2016. See [www.johntheucanman.com](http://www.johntheucanman.com)**



**2007**, Assigned by God to tell the people U-Can!

**2007-2016**, I was asked by thousands of people U-Can! what?

**2016**, I was given the answer by God U-Can! Forgive.

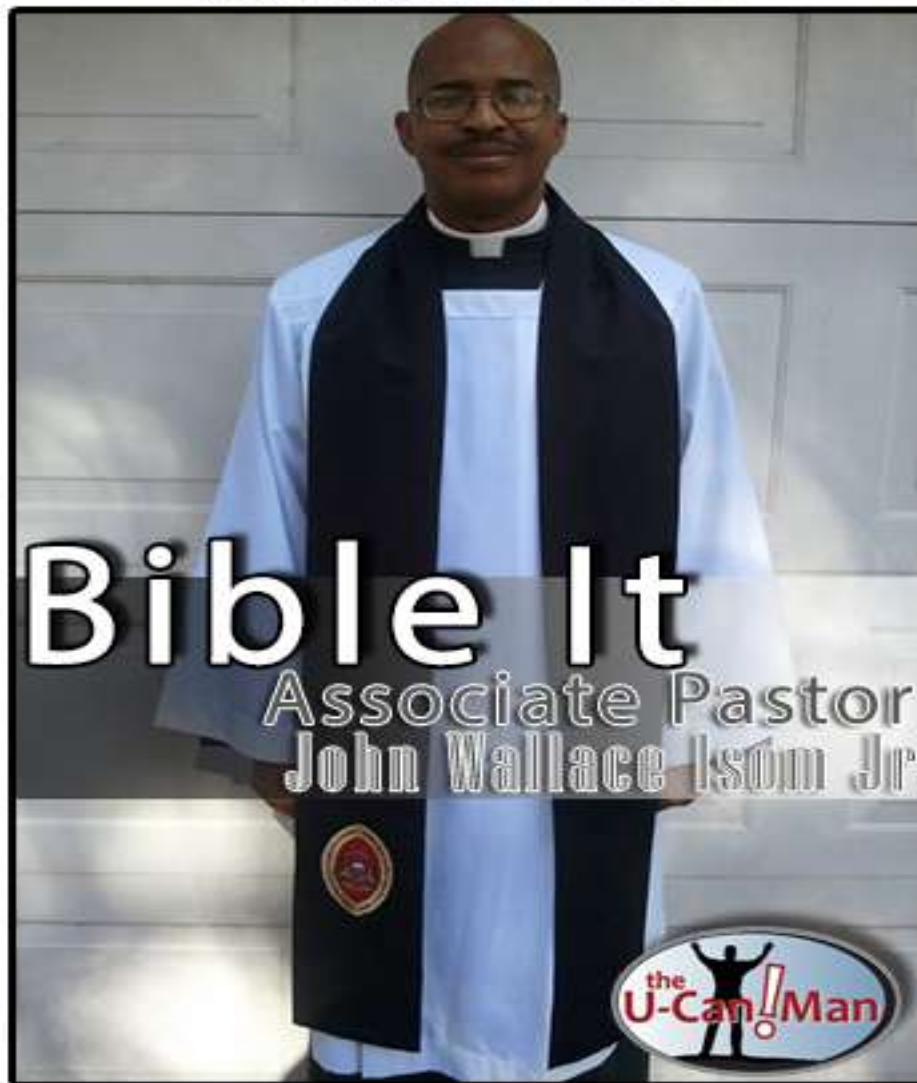
**2016** - Forever, The U-Can! Man question of the day for YOU everyday:

**Today are you a forgiver or a unforgiver?**

**2016-Beyond**, The answer / choice is yours.

**Unforgiveness is a Blessing Blocker**

***There is good in everyone.*** The good is either used or unused. Some people make a decision to use the good, ignore the good, and some need help in order to activate the good. "U-Can" is a tool/resource/strategy/model/**attitude** created to speak to the good in people to increasing our **aptitude** and **altitude**. When the U-Can Man graduated, December 2013 from Valdosta State University, Dr. Chet Ballard challenged me to take my sociology degree to go **be a Do-Gooder.**



**My Do-Gooder Verse** *Philippians 4:13*

*"I can do all things through Christ.  
Which strengthens me."*

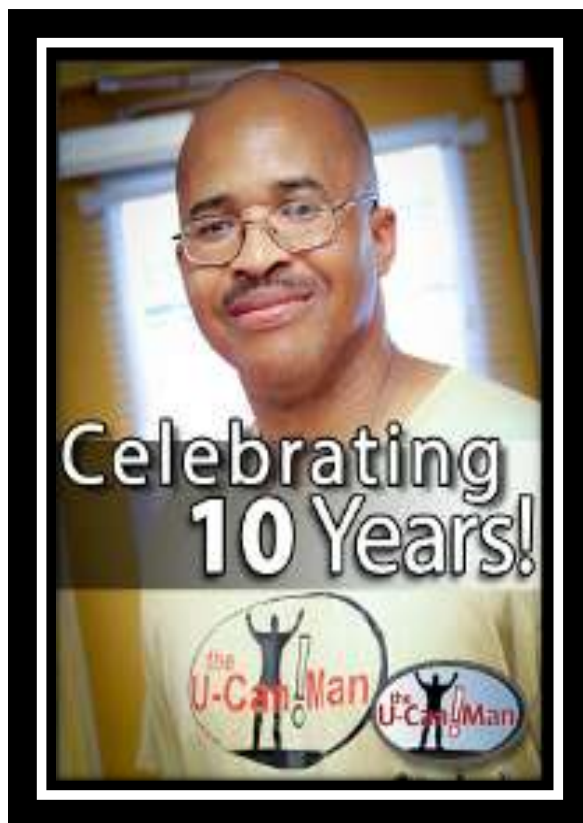
**Mission Of The Seven Days Of The Week For Empowerment & Encouragement  
To Help Me, You, Us, Them, They, We To Forgive**

**Mathew 23: 23:24 Foundation**

**Straining at Judgment, Mercy, Faith and Forgiveness (ALSO)**

23 Woe unto you, scribes and Pharisees, hypocrites! for ye pay tithes of mint and anise and cummin, and have omitted the weightier matters of the law, judgment, mercy, and faith: these ought ye to have done, and not to leave the other undone. 24 Ye blind guides, which strain at a gnat, and swallow a camel.

**The U-Can! Man Prayer**



**Lord Help Me, You, Us, Them, They, And We , To Not Leave Judgment, Mercy,  
Faith and Forgiveness UNDONE**

**Inspired me to do every day of the week to help with the process of forgiveness.**



Brother Anthony Pamplin 27 June 2016 Thought Of The Day

**MONDAY**

Maybe today is not  
One of your favorites, but  
Never forget that every  
Day you wake up is an  
Amazing gift and it's up to  
You to make it count. Author Unknown

**Psalm 118:24** This is the day the Lord has made; We will rejoice and be glad in it.

## ***Tuesday***

*Today I must  
Understand  
Everything  
Said by me is  
Decisions based on my  
Attitude, which is why I can't blame  
You*

**Proverbs 23:7** For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

-

## ***Wednesday***

*We are empowered by  
Enjoying what the Lord has  
Done  
No one has to be left out  
Everyone can  
Say and  
Do  
All things positive or negative  
You decide today*

**Philippians 4:13** I can do all things through Christ which strengtheneth me.

## **Thursday**

*Take time to tell  
Her /him you love them  
Understanding we want always agree however;  
Remember to forgive one another because God  
Said so, God  
Demands us to forgive to be forgiven so  
Always know if  
You do not forgive God want forgive you*

**Mathew 6:14-15** <sup>14</sup> For if ye forgive men their trespasses, your heavenly Father will also forgive you: <sup>15</sup> But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

## **Friday**

*Forgiveness should be done for  
Real  
I know it is hard sometimes  
Deciding whether or not to forgive, so  
Acknowledge God in all your ways  
You can forgive*

**Proverbs 3:5-6** <sup>5</sup> Trust in the LORD with all thine heart; and lean not unto thine own understanding. <sup>6</sup> In all thy ways acknowledge him, and he shall direct thy paths.

## **Saturday**

*Study the Lord Jesus example*

*Accept the Lord Jesus forgiveness*

*Today*

*Utilizing his forgiveness example to*

*Really forgive Me, You, Us, Them, They, We*

*Daily then attack*

*Any area of un forgiveness*

*You discover in the future*

**Luke 23:34** Then said Jesus, **Father, forgive them;** for they know not what they do. And they parted his raiment, and cast lots.

## **Sunday**

*Sunday like every day is a good day to forgive*

*Undone or done is your forgiveness position*

*Nobody should dwell in un forgiveness so*

*Decide to forgive now by*

*Asking God to help*

*You*

**Matthew 7:7-8** <sup>7</sup> Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: <sup>8</sup> For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.



## The U-Can! Man Prayer

Lord Help Me, You, Us, Them, They, And We , To Not Leave Judgment, Mercy,  
Faith and Forgiveness **UNDONE**

Mathew 23:24-24

23 Woe unto you, scribes and Pharisees, hypocrites! for ye pay tithes of mint and anise and cummin, and have omitted the weightier matters of the law, judgment, mercy, and faith: these ought ye to have done, and not to leave the other undone. 24 Ye blind guides, which strain at a gnat, and swallow a camel.



**U-CAN! FORGIVE EVERYDAY U-CAN!**



## **After I finished I received this thought of the day 30 June 2016**

One tree can start a forest,  
One smile can begin a friendship,  
One hand can lift a soul,  
One star can guide a ship at sea,  
One vote can change a nation,  
One sunbeam can light a room,  
One candle can wipe out darkness,  
One laugh can conquer gloom,  
One hope can raise our spirits,  
One touch can show you care,  
One voice can wake up everybody,  
One life can make the difference.

### **Be that one.**

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. Matthew 5:14-16

ANTHONY T. PAMPLIN

**I SAY, YOU BE THE ONE TO**

**FORGIVE TODAY**



**U-CAN! FORGIVE**